

The background features a warm orange gradient with faint, stylized leaf patterns in a slightly darker shade of orange. The leaves are scattered across the frame, creating a textured, autumnal feel.

BASKETBALL

ABOUT BASKETBALL

- Basketball is a sport in which two teams of five players each try to score points on one another by throwing a ball through a hoop (the basket) under organized rules.
- Points are scored by passing the ball through the basket from above; the team with more points at the end of the game wins. A regular jump shot inside the arch is worth two points, beyond the arch is three points, and a free throw is one point. The ball can be advanced on the court by bouncing it (dribbling) or passing it between teammates. Disruptive physical contact (foul) is not permitted and there are restrictions on how the ball can be handled (violations).
- Through time, basketball has developed to involve common techniques of shooting, passing and dribbling, as well as players' positions, and offensive and defensive structures. While competitive basketball is carefully regulated, numerous variations of basketball have developed for casual play. Basketball is also a popular spectator sport.
- While competitive basketball is primarily an indoor sport, played on a basketball court, less regulated variations have become exceedingly popular as an outdoor sport among inner city groups.

HISTORY

- In early December 1891, Dr. James Naismith, a Canadian physician of McGill University and minister on the faculty of a college for YMCA professionals (today, Springfield College) in Springfield, Massachusetts, USA, sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he modified a childhood game titled "Duck on a rock" and wrote the basic rules.[1] He nailed a peach basket onto the 10-foot (3.05 m) elevated track. In contrast with modern basketball nets, this peach basket retained its bottom. Therefore balls scored into the basket had to be poked out with a long dowel each time.

RULES AND REGULATIONS

- Measurements and time limits discussed in this section often vary among tournaments and organizations; international and NBA rules are used in this section.
- The object of the game is to outscore one's opponents by throwing the ball through the opponents' basket from above while preventing the opponents from doing so on their own. An attempt to score in this way is called a shot. A successful shot is worth two points, or three points if it is taken from beyond the three-point arc which is 6.25 meters (20 ft 6 in) from the basket in international games and 23 ft 9 in (7.24 m) in NBA games.

PLAYING REGULATIONS

- Games are played in four quarters of 10 (international) or 12 minutes (NBA). Fifteen minutes are allowed for a half-time break, and two minutes are allowed at the other breaks. Overtime periods are five minutes long. Teams exchange baskets for the second half. The time allowed is actual playing time; the clock is stopped while the play is not active. Therefore, games generally take much longer to complete than the allotted game time, typically about two hours.
- Five players from each team may be on the court at one time. Teams can have up to seven substitutes. Substitutions are unlimited but can only be done when play is stopped. Teams also have a coach, who oversees the development and strategies of the team, and other team personnel such as assistant coaches, managers, statisticians, doctors and trainers.
- For both men's and women's teams, a standard uniform consists of a pair of shorts and a jersey with a clearly visible number, unique within the team, printed on both the front and back. Players wear high-top sneakers that provide extra ankle support. Typically, team names, players' names and sometimes sponsors are printed on the uniforms.
- A limited number of time-outs, clock stoppages requested by a coach for a short meeting with the players, are allowed. They generally last no longer than one minute unless, for televised games, a commercial break is needed.
- The game is controlled by the officials consisting of the referee, one or two umpires and the table officials. The table officials are responsible for keeping track of each team's scoring, timekeeping, individual and team fouls, player substitutions, team possession arrow, and the shot clock.

EQUIPMENT

- NBA approved basketball

